

** Reservation required, call
Just For Seniors at 558-6618 &
press 1*

***HICAP Appointment Line:
1-800-434-0222*

****Weight Watchers every
Monday, 12 to 1 pm 12-week
program – Ends May 16/05
Contact Tasha @ 558-6060*

*Loma Linda Senior Center
"The Gathering Place"
Telephone: (909) 799-2820
25571 Barton Road
(Behind City Hall and the Fire Station
on Loma Linda Drive)*

JUNE 2005

*Call Claude for Party Bridge –
795-1995*

*Call Joanne for the Ukulele &
Mandolin– 796-8934*

*Call Keoki (George) Ariola for
Intermediate Ukulele - 534-6093*

*Arvin Leach for watercolor
workshop - 797-5266*

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|--|
| | | | 1 Computer 101* 1- 3 & 3-5 p.m. Movie & Refreshment 2:30 pm Nutrition workshop – 5 p.m. | 2 <u>Water color Workshop</u> <u>9 am to 12 pm</u> Sit & Fit Exercise Video 9:30 am <u>Intermediate Ukulele –</u> <u>1-3 pm</u> Party Bridge 1 - 5 pm | 3 SENIOR CENTER CLOSED |
| 5 SENIOR CENTER CLOSED | 6 Senior Painters Instructions by Betty Hayes 9 to 11 am Cost: \$3.00 ***Weight Watchers 12-1 pm <u>Intermediate Ukulele –</u> <u>1-3 pm</u> <u>AARP 55 Alive Driving</u> <u>Prog. 1-5 pm (2 days)</u> | 7 Ukulele Club 9 -11 am <u>AARP 55 Alive Driving</u> <u>Prog. 1-5 pm (2 days)</u> Strength & Balance Exercise video 1:30 – 2:30 pm | 8 <u>Memory Loss Clinic</u> <u>9 am-12 pm</u> Computer 101* 1- 3 & 3 -5 pm (Last Class) Movie & Refreshment 2:30 pm | 9 <u>Water color Workshop</u> <u>9 am to 12 pm</u> Sit & Fit Exercise Video 9:30 am <u>HICAP 1:00 – 4 pm**</u> Party Bridge 1 - 5 pm | 10 SENIOR CENTER CLOSED |
| 12 SENIOR CENTER CLOSED | 13 Senior Painters Instructions by Betty Hayes 9 to 11 am Cost: \$3.00 ***Weight Watchers 12-1 pm <u>Intermediate Ukulele –</u> <u>1-3 pm</u> | 14 Ukulele Club 9 -11 am Strength & Balance Exercise video 1:30 – 2:30 pm | 15 Movie & Refreshment 2:30 pm | 16 <u>Water color Workshop</u> <u>9 am to 12 pm</u> Sit & Fit Exercise Video 9:30 am <u>Intermediate Ukulele –</u> <u>1-3 pm</u> Party Bridge 1 - 5 pm | 17 SENIOR CENTER CLOSED |
| 19 SENIOR CENTER CLOSED | 20 Senior Painters Instructions by Betty Hayes 9 to 11 am Cost: \$3.00 ***Weight Watchers 12-1 pm <u>Intermediate Ukulele –</u> <u>1-3 pm</u> | 21 Ukulele Club 9 -11 am Strength & Balance Exercise video 1:30 – 2:30 pm <u>Sr Center Bd. 3 pm</u> | 22 <u>Senior Health Clinic</u> <u>9 –11 am</u> <u>Memory Loss Clinic</u> <u>9 am-12 pm</u> Movie & Refreshment 2:30 pm | 23 <u>Water color Workshop</u> <u>9 am to 12 pm</u> Sit & Fit Exercise Video 9:30 am Party Bridge 1 - 5 pm <u>HICAP 1:00 – 4 pm**</u> | 24 SENIOR CENTER CLOSED |
| 26 SENIOR CENTER CLOSED | 27 Senior Painters Instructions by Betty Hayes 9 to 11 am Cost: \$3.00 ***Weight Watchers 12-1 pm <u>Intermediate Ukulele –</u> <u>1-3 pm</u> | 28 Ukulele Club 9 -11 am Strength & Balance Exercise video 1:30 – 2:30 pm | 29 Computer 101/102* 1- 3 & 3 -5 pm (<u>New Class begins</u>) Movie & Refreshment 2:30 pm | 30 <u>Water color Workshop</u> <u>9 am to 12 pm</u> Sit & Fit Exercise Video 9:30 am Party Bridge 1 - 5 pm | |